



U.S. Department  
of Veterans Affairs



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## Important Veteran Newsletter, October 2021 Edition

Veterans Health Administration sent this bulletin at 10/15/2021 04:00 PM EDT

Wilmington VA Medical Center Update

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### Tele Urgent Care

Veterans receiving health care at VA medical centers throughout VISN 4 can now obtain care with the ease of a video chat or phone call. VISN 4 Tele Urgent Care uses [VA Video Connect](#) to conduct appointments privately and securely in a virtual medical room from anywhere using the camera on your smart phone, computer, or tablet.

### Tele Urgent Care

**Veterans are now able to participate in a secure video or phone appointment with a VA tele urgent care provider.**

A registered nurse will give you advice and guide your care for prompt service if tele urgent care is right for you.

**1-833-TELE-URGENT**  
**(1-833-835-3874)**

*Or dial the main number of your local VISN 4 VA medical center and press option #3*

Available to Veterans receiving care at VA medical centers in VISN 4 including Altoona, Butler, Coatesville, Erie, Lebanon, Philadelphia, Pittsburgh, Wilkes-Barre and Wilmington.

Learn more at [www.visn4.va.gov/tele-urgent](http://www.visn4.va.gov/tele-urgent)



Choose **VA**

Tele Urgent Care may be an option if:

- You live far from your VA facility
- You have health conditions that make traveling to the VA difficult
- You lack time to attend in-person appointments
- You don't require a hands-on physical examination

Tele Urgent Care uses the VA Video Connect app. To learn more and test your device, visit [mobile.va.gov/app/va-video-connect](http://mobile.va.gov/app/va-video-connect).



**Save time!**

*No need to travel to a VA facility!*



**Save money!**

*No co-pay needed!*



### DEA Drug Take Back Day

With opioid overdose deaths increasing during the pandemic, the Drug Enforcement Administration announces Take Back Day is scheduled for October 23, 10 a.m. to 2 p.m., DEA collected a record-high amount of expired, unwanted, and unused prescription medications, with the public turning in close to 500 tons of unwanted drugs.

Over the 10-year span of Take Back Day, DEA has brought in more than 6,800 tons of prescription drugs. With studies indicating a majority of abused prescription drugs come from family and friends, including from home medicine cabinets, clearing out unused medicine is essential. You can stop by the Wilmington VA Medical Center, at the front circle to drop off expired, unwanted, and unused prescription medications.



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### **National Blind Americans Equality Day**

National Blind Equality Day, also known as White Cane Day, aims to raise awareness about vision impairment and celebrates the achievements of people who are blind or visually impaired. The white cane symbolizes a tool of independence. The white cane allows people who are visually impaired to travel independently, whether it is to their job, a doctor's appointment, or the store. It is also a safety device to help detect obstacles, navigate stairs and curbs, and identifies the user as visually impaired so that on lookers take appropriate care.

Don't be surprised if a visually impaired Veteran is not using a white cane. Only two to eight percent of visually impaired people use a white cane. The rest rely on their useable vision, a sighted guide, or a guide dog.

The VIST Coordinator can refer Veterans for white cane training. Training must be provided by a Certified Orientation and Mobility (O&M) Specialist. Many O&M instructors are sighted, but they must spend at least 120 hours blind folded navigating with a white cane to become certified. If you notice a Veteran with a damaged white cane or with significant wear and tear, please refer him/her to the VIST Coordinator for a replacement.

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## Wilmington VA Women Veteran Focus Group

The Wilmington VA Medical Center is hosting a quarterly focus group related to women's care. If you are female and interested in attending a meeting please submit the form, located by scanning the QR Code below.

VA



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Wilmington VA Medical Center



### Breast Cancer Awareness Month

As a woman, getting checked for breast cancer is an important part of maintaining your overall health. Talk to your VA provider team if you have questions related to your breast health or to be checked for breast cancer.

Jennifer Coy, Women's Health Program Coordinator VA Wilmington Health Care

Phone: 302-994-2511, ext. 5290 Email: [Jennifer.Coy2@va.gov](mailto:Jennifer.Coy2@va.gov)

Women Veteran Care | VA Wilmington Health Care | Veterans Affairs <https://www.va.gov/wilmington-health-care/health-services/women-veteran-care/>





**Concerned about your breast cancer risk?**  
VA offers state-of-the-art breast care.

**BREAST CANCER SCREENING**

**CANCER TREATMENT**

**GENETIC COUNSELING & TESTING**

**CARE COORDINATION**

Talk to your Women's Health provider today.

Women Veterans Call Center: 1-855-829-6636  
www.womenshealth.va.gov | @womenshealth

VA U.S. Department of Veterans Affairs

## Intimate Partner Violence Assistance Program

Please join the Intimate Partner Violence Assistance Program in spotlighting domestic violence awareness throughout October. The program office is promoting information, resources, and tools to raise awareness about intimate partner violence (IPV), associated risk and protective factors and the impact of IPV on Veterans and their partners. Research in this area has suggested that Veterans may be at greater risk for using and/or experiencing violence than their civilian counterparts, given the unique stressors posed by military life. Collaboration between internal and external stakeholders is crucial in recognizing Veterans who experience and/or use violence, thus playing a crucial role in linking these individuals to appropriate services.

### Honor Relationship Wellness



**Through Healing & Growth**

### Honor Relationship Wellness

Through Healing & Growth



**VA** U.S. Department of Veterans Affairs  
Contact Your VA Coordinator  
Intimate Partner Violence Assistance Program  
www.socialwork.va.gov/IPV/Coordinators.asp

**The National Domestic Violence HOTLINE**  
1-800-798-8873 (TDD) • 1-800-785-2244 (TDD)

## Adaptive Horseback Riding

When was the last time you rode a horse? Or did something outside of your comfort zone? Well, these courageous Veterans did just that!

In partnership with DE Association for Blind Athletes, (President, Patricia Addison) and the Pike Creek-Green Hill Lion's Club, visually impaired Veterans were provided the opportunity to go horseback riding at Carousel Park and Equestrian Center.

The Lion's Club, represented by Paul Settlemeyer, provided the funding to sponsor this event. The Director of the therapeutic riding program, Elyssa Doner, trains volunteers to assist Veterans, Military personnel, and all people with disabilities during their equestrian experience.

The Veterans were able to gain new equestrian knowledge and learn how to brush, groom, saddle, and feed a horse. Veterans were also taught how to ride a horse and use commands such as "walk on" and "halt" to control the horse's movements. Their horseback riding journey provided these Veterans with new perspective and an increase in their confidence and trust.

Therapeutic horse riding can help people physically, socially, and emotionally. As a witness to this experience, I believe these visually impaired Veterans grew the most emotionally. It gave them a sense of empowerment to ride such a strong, large, and beautiful animal. Bonding with a large animal can also be a comforting experience.

A person with sight loss must trust their handlers and the horse, but mostly their self, which can be challenging. One blind Veteran had a panic attack during her riding. However, with guided support she was able to work through it, get back on her horse, and ride on. These Veterans displayed openness, courage, and perseverance to accomplish a goal that many sighted people would not even consider. It was an amazing experience and an honor to be a part of.







## VISUAL IMPAIRMENT SERVICES TEAM

The VIST program provides comprehensive case management to visually impaired and blind Veterans to ensure they have equitable access to low vision services and blind rehabilitation. Veterans with low vision have sight loss that cannot be corrected with conventional lenses and their sight loss impairs their daily functioning.

Blind rehabilitation includes assessment, low vision exam, and blind skills training using low vision devices, which can be provided on an outpatient or inpatient basis. The VIST Coordinator will make the necessary referrals based on the Veteran's unique needs. The goal of the VIST program is to improve Veteran's visual functioning and maximize their independence to accomplish their identified goals.

If you have any questions or are interested in learning more, please don't hesitate to contact me via phone, e-mail.

VIST Coordinator Contact - Susan Barton, LCSW, Blind Rehabilitation Specialist

[Sue.barton@va.gov](mailto:Sue.barton@va.gov) : 302-994-2511 Ext. 4733


## Radio Show

<http://www.987thecoast.com>

The mission of VA Outreach Live continues to advocate the three words that guide the Wilmington VA Medical Center Outreach Team forward in their objective to "ENGAGE, EDUCATE and ENROLL" eligible Veterans into the VA health care system.

Listen live at [987thecoast.com](http://987thecoast.com)

**EMAIL YOUR QUESTIONS TO:**  
[VHAWIMOUTREACHTEAM@VA.GOV](mailto:VHAWIMOUTREACHTEAM@VA.GOV)



**EVERY 1ST & 3RD SUNDAY**  
**12:00PM - 2:00PM**

HOSTED BY:  
 JACQUI HINKER & PATRICK CARNEY

## Managing Stress for Caregivers



## Managing Stress for Caregivers

**Date: 11/15/2021**

**Time: 10AM -12PM**

**Pre-Registration Required**

**Registration closes 11/08/2021**

Are you a caregiver? Would you like to learn how to deal with the daily stressors you are facing? There are tools, strategies, and techniques that can help you manage the stress in your life. The National Caregiver Support Program invites caregivers of Veterans who receive care from VA to attend this free program. Talk with your local Caregiver Support Coordinator (CSC) to learn more and register to attend. The course is presented to caregivers by virtual platforms or telephone access in their homes. The course is 2 hours in length and taught by a VA Caregiver Center Instructor. Everyone will receive a Managing Stress Workbook and a CD with Relaxation Exercises to follow along with the presentation.

### What You Will Learn:

- To Identify the Sources of Stress in your Life
- To Change Negative Self-Talk to Positive
- Stress Management Skills:
  - Soothing Sensory Massage and Stretching Exercises
  - Deep Breathing and Muscle Relaxation
  - Imagery and Mindfulness Meditation
  - How to Make Relaxation Exercises Work for You
  - Journaling to Reduce Stress
  - Developing and Using a Personal Action Plan

For more information, please contact: **Wilmington VA Caregiver Support Program**

**Centralized Line: (302) 994-2511 ext. 4764**



Please be prepared to provide your name, phone number, address, and email address in addition to information regarding your Veteran to be registered for this event.

[www.caregiver.va.gov](http://www.caregiver.va.gov)



U.S. Department  
of Veterans Affairs

## Veterans Affairs Holiday Programs

The Department of Veterans Affairs, Wilmington Medical Center is gearing up for our Holiday Gift Giving Programs for Veterans and families who are in need. The Holiday Season is fast approaching, and we are reaching out to our community partners for help!

This year, Voluntary Service is again coordinating the Thanksgiving Grocery Card and Holiday Angel Tree programs for Veterans needing assistance. The holiday programs are designed to provide in-kind gifts to assist Veterans and their families who are in crisis resulting from medical issues, unemployment, homelessness, medical issues, or other difficult circumstances who otherwise would not have the resources to celebrate the holidays.

**Thanksgiving Grocery Cards:** Voluntary Services is soliciting donations of \$25 gift cards to local grocery stores to help supplement food for Veterans during Thanksgiving. Cards can be purchased from Shop Rite, Walmart, Food Lion, Acme, etc. Cards need to be received by Voluntary Service no later than October 22, 2021, so they can be distributed to Veterans for the Thanksgiving Holiday. Voluntary Services will also accept checks made to Wilmington VA Medical Center, GPF 9056.

**Cards or Checks can be mailed to:**

**Wilmington VA Medical Center**

**ATTN: Voluntary Services #135**

**1601 Kirkwood Hwy**

**Wilmington, De 19807**

**Holiday Angel Tree Program:** The Holiday Angel Tree program is to help Veterans and their families who would otherwise be unable to celebrate the holiday gift giving season.

Voluntary Services compiles a list of Veterans and families with their “wishes.” The list will be available for employees, Veteran Service Organizations, and Corporate Sponsors to adopt a family or Veteran to purchase gifts. From previous years, one fun gift and one practical gift is suggested; the range of gifts should be around \$25 each. We ask our VA Social Workers when completing applications, to include a “specific gift suggestions” that will help identify the gifts requested by the Veteran or family.

The list for Veterans to be adopted will be ready by Nov. 12, 2021. If your organization would like to adopt a family, please email [Mildred.McCarty@va.gov](mailto:Mildred.McCarty@va.gov) for details. Gifts to be returned to the Wilmington VA Medical Center, wrapped, and labeled to be distributed to the Veteran and their family no later than December 13, 2021.

If your organization would like additional information about either program, please email [James.Coty@va.gov](mailto:James.Coty@va.gov). We sincerely hope that you can participate in this great giving program!

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## Stay Informed, Follow Our Social Media Channels

Follow Wilmington VA Medical Center on our social media channels @WilmingtonVAMC on [Facebook](#), [Twitter](#) and [Instagram](#).

Visit our new website at [www.va.gov/wilmington-health-care](http://www.va.gov/wilmington-health-care).

Learn about the [VA Health Chat app](#) to get easy online access to chat with VA staff when you have minor health questions.

Keep updated & let us know how we're doing.



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